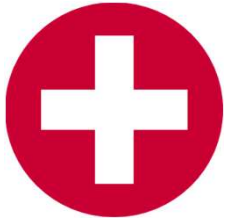
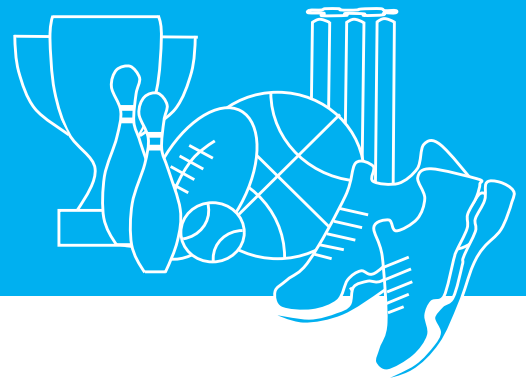


HEALTHY SPORTS CLUBS



INJURY PREVENTION HEALTH AREA



BACKGROUND

Different injuries can occur in all sporting codes and these injuries can cause a range of physical and psychological impacts on a person and their family. Poorly managed injuries can also prevent someone from playing or re-joining sport.

It is important as a sports club to ensure that proper injury prevention and management practices are put into place to ensure that players can continue to play the sport well into the future.

ACHIEVING THIS HEALTH AREA

The **Injury Prevention** health area involves reviewing the injury prevention and management practices and systems and improving these so everyone is supported to return to play safely.

Clubs will be supported to complete targets using the *Healthy Sports Clubs* framework, including:

- Creating a physical club environment that supports and promotes injury prevention
- Forming connections and partnerships with local injury prevention organisations to support with skill development and rehab
- Creating a supportive culture that role models injury prevention behaviours

CONTACT MONASH HEALTH TO REGISTER YOUR CLUB:

healthpromotion@monashhealth.org